

## RESOURCES

### **FORUM: What COVID – 19 is Teaching Us: An Open Forum on the Effects and Impacts of Crisis on Interpreters.**

The nature of working as a freelancer, or even more broadly in self-employment, means that we live with an abundance of uncertainty and with a work life that may change more often than we wish. Even when balanced with the positives of freelance work – such as the freedom and autonomy that it brings – such a situation can cause stress and anxiety. What can be done? They say that the anecdote to fear and anxiety is knowledge and preparation. How can freelancers prepare? Taking the current situation as not only an example, but also as an opportunity for evolution, we can use this time to reflect, plan and prepare. (Read the full blog post [Be the Calm in the Storm](#))

This was the premise of the Forum that [The Interpreter's Lab](#) hosted on **March 19: What COVID – 19 is Teaching Us: An Open Forum on the Effects and Impacts of Crisis on Interpreters**. As a result of that Forum, [The Interpreter's Lab](#) is sharing a list of links and resources organized into 3 different categories:

- 1. Information and Updates on COVID – 19**
- 2. Resources for Emotional and Mental Wellbeing**
- 3. Resources for Financial and Daily Living Wellbeing**

More importantly, as it seems that we will be living this new reality for some time, we want to keep the conversation going. Please visit our [Facebook](#) page, post and share any links, resources, ideas and experiences with your colleagues. Additionally, if you post your links and resources on [Instagram](#) – tag us [@theinterpreters\\_lab](#)

To start you off, see below on what we have gathered together for you so far. In addition, both Provincial and Federal Governments continue to provide additional reliefs and supports – almost on a daily basis. Ensure you check back regularly on the [Government of Canada website](#) as well as your own Territorial, Provincial and Municipal Government sites.

Stay Healthy,

**The Interpreter's Lab Team**

<p><b>1. Information and Updates on COVID – 19</b></p>	<p><u>Coronavirus COVID-19 Global Cases by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (JHU)</u></p> <p><u>Worldometer: Confirmed Cases and Deaths by Country, Territory, or Conveyance</u></p> <p>ADDITIONALLY- <b>Watch the Daily Updates on CBC or Global TV</b> (or any reputable news source) for the most current national and local information.</p>
<p><b>2. Resources for Emotional and Mental Wellbeing</b></p>	<p>Article: <u>Coronavirus Anxiety Is Everywhere. Experts Explain How To Feel Better.</u></p> <p>Podcast: <u>Rick Hanson: Being-well</u>  <i>"Fear in the Time of Coronavirus" explores how we can cope with the natural fears that arise during challenging times, the difference between useful and harmful anxiety, and how to grow the inner strengths we need to thrive when things get tough</i></p> <p>Podcast: <u>Wait, There's More</u></p> <p>Podcast: <u>The Happiness Lab</u></p> <p>Arianna Huffington – <u>How to Boost our Immunity – Starting Now</u></p>
<p><b>3. Resources for Financial and Daily Living Wellbeing</b></p>	<p><u>How to Avoid Scams and Opportunists: Canadian Anti-Fraud Centre</u></p> <p><u>Canada's COVID-19 Economic Response Plan: Support for Canadians and Businesses</u></p> <p><u>The Economics of COVID-19 for Individual Arts Workers</u>  <i>(Canadian Interpreters and Translators are in the same National Occupational Classifications and cultural workers and the advice provided here applies to the I&amp;T professions)</i></p> <p><u>Canadian Government New Employment Insurance Protocols</u></p> <p><u>New Tax Deadlines – Canada Revenue Agency</u></p> <p><u>Disinfecting Your Mobile Devices</u></p>